

Cooking Gardening Physical Activity









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Community Partners included:

Aki Kurose Middle School/Multimedia Center Bike Works Columbia City Farmers Market Columbia Public Health Clinic Orca School Garden Rainier Community Center (RCC)

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# **Welcome to Kids on the Move!**

What do you get when you combine sunny summer days, good food, friends, outside activities, a farmers market and a community garden? **Kids on the Move!**, that's what! The Summer of 2003 was beautiful in Seattle with more warm sunny days than ever before recorded in history.

Let's start with a little background. Our goals were to learn about nutrition, eat healthier and get some exercise.

Who knew we could have so much fun learning about and doing things that make us healthier! We enjoyed being outside with our friends and



exploring the neighborhood on foot. We learned some quick and simple recipes to make when we're starved after school. We even got to grow and eat our own vegetables.

We made several visits to our farmers market in Columbia City. The market is a place that is fun and has a ton of great snacks like hot peanuts, apples, honey sticks and free cheese samples! Oh yeah, there are vegetables there, too. Chow Down!

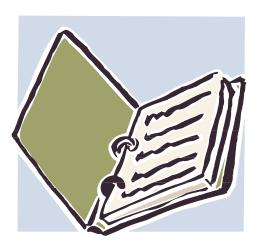
# **Journaling**

To get started, we wrote some of our ideas and thoughts about staying healthy in a journal. Journaling is a great way to remember things when you do something that you really enjoy. It's easy!

After journaling, we went to the garden to 'hunt and gather' food to cook later. Then we'd walk to a park or



over to the bike shop. Sometimes, we went to the farmers market to look around and get food, then took a side-trip to the clinic to hear about some topics on staying healthy.



# In the garden

The garden was one of our favorite places to hang out, usually because it meant eating something! We worked hard watering, digging and weeding. But we enjoyed trying new recipes with the fresh fruits and vegetables we picked. Some of



the foods we harvested were grapes, basil, tomatoes, green beans, cucumber, strawberries, raspberries, carrots and others.

There was always freshly made peppermint herb tea to drink, which tickled our tastebuds.

# How do you start and maintain a garden?

- Find a good place where the sun will shine on the soil (dirt).
- Get some seeds or some small plant starts and place them in the soil in a row, not too close together.
- Water regularly. If you're not sure when to water, put your hand on the soil to feel how wet it is.

"Gardening is fun and a great way to be physically active and spend time outdoors. The food that's grown is fresh, tastes great, and is full of vitamins and minerals."

Gardening can be fun, but it also takes work. Probably the best skills to have are **patience** and **respect** for the land.

# Here are some things you can do in the garden:

- Make a scarecrow! Hammer two boards in a cross, add clothes, gardening gloves, and a pumpkin, or other item, for a head.
- Dry and press flowers by placing a piece of paper and large book over the flowers until dried (couple of days).
- Paint rocks and large stones with bright colors.



# Love to move it!

Next to eating right, exercise is just about the best thing you can do for yourself.

Regular exercise can:

- Build a positive self-image,
- Help keep bodies fit and healthy, and
- Build muscles and make bones strong.

"Sometimes we don't play a real game, just mess around. Moving just feels good and burns extra energy I have."

# So, what is the best activity?

Ha, got ya! There is no 'best' activity. There are lots of things you can do that count towards being active. You can even do them as part of your regular day.

- Walk instead of asking for a ride.
- Use the stairs instead of the elevator or escalator.
- Play sports with your friends or teach some younger kids how to play ball or dance.



#### Need a Bike?

In Columbia City, 9 to 17 year olds can earn their own bike. Kids learn how to repair bicycles over eight class sessions, then swap their hours of community repair for a recycled cycle. It takes 24 hours of "Earn-a-Bike" time

You need to wear a helmet to keep your brains inside your head.



outside of class to earn a bike.

It's a great way to help the community by repairing used bikes for others, and get "Earn-a-Bike" hours at the same time. Adult mentors provide guidance, friendship, and a strong hand to loosen bolts.

**Bike Works** 3709 S. Ferdinand Seattle, WA 98118 (206) 725-9408 or www.bikeworks.org

## Play it Safe

Practicing safe habits out in the community is one key to having a long and healthy life.

Whether walking, biking or riding in a car there are rules of the road. Here are some:

- Cross the street at the light or corner.
- Wear a helmet when riding a bike, skateboarding or rollerblading.
- Wear a seat belt when riding in a car.

If you think something's up, go to a clinic, library or the fire station to get help.

- Travel with a friend or tell someone where you're going.
- Think about where you can go for help if you are afraid or feel unsafe.

## Step it up

## Do you know how many steps you take each day?

A PEDOMETER is a little device that counts how many steps you take each day. A good goal to have is 10,000 steps each day, which is about five miles. This may seem like a lot, but you may be surprised how far you travel in a day. We were!

## **Hydration**

Drinking plenty of water is very important to keep your body healthy, especially when you are exercising. Drink at least eight cups of water each day. The more active you are, the more water you need to keep hydrated.

#### Water

- Helps keep your body cool, and
- Carries nutrients to other parts of your body.

We lose water everyday by sweating, breathing, and going to the bathroom. Besides drinking water, foods like fruits and vegetables are high in water. Beverages, such as milk and juices, are other great sources of water. We lose water continually, so it is important to put back the water into your body that is lost.

If you don't get enough water, you can become dehydrated. Here are some common signs of dehydration.

- Feeling dizzy and weak
- Dry mouth
- Headache and tiredness
- Muscle spasms
- Very thirsty
- Bright yellow urine

**Drink water before** you feel thristy.

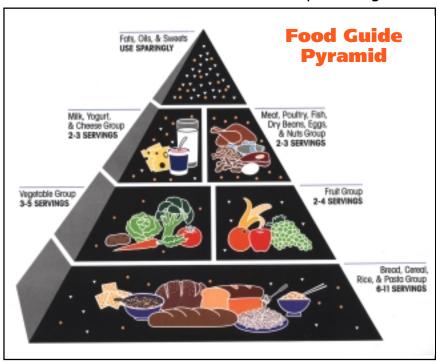
# **Feeding Yourself**

## **Food Guide Pyramid**

# Fast Food - "But it tastes soooo good!"

Although some people call Fast Food "Fat Food," it does not mean you can never eat another hamburger. The good news is fast food does not have to mean unhealthy food.

The one important thing to remember about fast food is to know what to order and to STOP super-sizing.



Large portions can lead to a super-sized body. All those extra calories usually add up to extra pounds that you don't need

The Food Guide Pyramid groups foods that have similar amounts of nutrients. For example, meats, poultry, fish, beans, eggs and nuts are all high in protein.

Here are some easy choices you can make when you drop by a fast food restaurant:

- Order grilled the fat usually drips away from the chicken or beef.
- Order dressing on the side, that way you choose the amount you like.
- Share fries and other very high fat items with a friend. Slow down your eating and stop eating before you feel full.
- Order water, milk or 100% juice, a much better choice than soda.

#### **Convenience Foods**

Have you noticed how easy it is to overeat? Everywhere you go it seems like someone wants to sell you a bag of chips and other stuff that doesn't do much good for you. If you are really starving and have to stop in at a convenience store, try the following:

- Nuts are high in fat but with a bunch of nutrients and protein.
- Milk You can get low fat, even chocolate and still rake in the calcium and protein - good stuff.
- 100% juice
- Chilled bottled water very refreshing
- Pretzels
- Fresh sandwiches
- Burritos with beans and cheese (or meat)
- Popcorn has lots of fiber! Try it without added butter.
- Trail mix with dried fruit is worth looking for.



# **Market Fresh**

#### What is a Farmers Market?

A farmers market is a place where local farmers, fishermen and producers can sell their own foods directly to the public. All foods sold have been grown or caught by the people who sell them. We walked to our neighborhood farmers market every other week. We shopped for fresh

fruits and vegetables and enjoyed

eating them together!

## Where are they located?

There are several farmers markets located in Seattle. If you visit www.wafarmers markets.com you can find out where a farmers market is located anywhere in the State of

Washington. Some markets are only open from spring to fall, but others are open year round.

## What can I buy?

A wide variety of fruits, vegetables, cheese, juices, breads, fish and other items are available at farmers markets. Fresh lettuce and strawberries are available in June, and carrots and potatoes are available in the fall. You can



buy one of your favorites soon after the farmer picks it.



# Why should I shop at a farmers market?

Foods at farmers markets are fresh and very tasty. The selection of produce available will change with location and the time of the year. At some markets there are musical acts and cooking demonstrations and there are always tasty samples. The atmosphere is upbeat and lively which makes shopping fun. When you shop at a farmers market you are supporting local farmers who are a very important part of our community.

# **Cooking Fresh**

It's fun and easy to create a delicious and healthy meal for yourself or your family.

Here are some basic tips to help you have success in the kitchen:

- The first and most important step is to wash your hands before making or eating a snack or meal to get rid of germs.
- Apply soap.
- Use warm water.
- Scrub the back and front of your hands, and between the fingers and fingernails for at least 20 seconds.
- 2. Get permission to prepare your recipe from a grownup.
- 3. Read the recipe directions all the way through at least once before you start.
- 4. Make sure all ingredients (or substitutions) for your recipe are on hand.
- 5. Gather all supplies so they are handy.
- 6. Be sure to wash or peel fruits and vegetables before eating or cooking.
- Measure ingredients carefully especially when baking.
- 8. Be careful when using sharp knives and the stove.
- 9. Always use potholders when touching hot pans and dishes.
- 10. Clean up afterwards.

You are what you eat. That's no joke. If you put the right food in your body, it will perform its best.

#### Have fun!

s you can see, the summer of 2003 was a blast! We played, laughed and made new friends. We really enjoyed cooking with Chef Amadeus and Kirsten. They showed us how to cook some really good recipes. We have selected some of our favorites for you to try. We hope you enjoy them as much as we do!

# **Super Energy Snack Mix**

# Makes 4 Servings

#### Ingredients:

# 1 cup mixed whole grain cereals, such as Chex, Cheerios and/or puffed cereal

1/4 cup goldfish crackers

- 1 tablespoon raisins or other dried fruit, such as "Craisins" or apples
- 2 teaspoons sunflower or pumpkin seeds (roasted, salted)
- 2 teaspoons chocolate chips

#### Variations:

Use mini-pretzels instead of crackers

Use nuts instead of seeds

Use M&M's instead of chocolate chips

#### **Directions:**

Combine all ingredients in a mediumsized bowl and stir together.

Scoop into four small bowls, cups, sandwich bags and eat with your fingers.

#### Suggestions:

Double or triple the recipe and keep in an air-tight container.

Enjoy this tasty snack whenever you need an energy boost.



# **Garden Bruschetta**

## Makes 4 Servings

#### Ingredients:

4 medium tomatoes
1 tablespoon olive oil
2 cloves of garlic
1 cup fresh basil leaves
3/4 cup feta cheese
1 teaspoon salt
1 teaspoon pepper



#### **Directions:**

Chop tomatoes into small pieces. Mash them together until they look like a sauce.

Add the olive oil.

Mince garlic and chop basil leaves into small pieces and add to tomato sauce.

Add crumbled feta cheese, salt and pepper.

Mix all ingredients together and serve on crackers, bread, or toast.



# **Fruit Parfait**

## Makes 4 Parfaits

#### Ingredients:

1 cup apples, chopped

1 cup strawberries, sliced

1 banana, sliced

1 cup lowfat vanilla yogurt

1 cup lowfat granola



#### **Directions:**

Using a clear cup or glass, layer ingredients starting with a layer of one fruit, then a layer of another fruit, then the yogurt, then some granola, then another fruit, and top with raisins. Be creative and layer it the way you like.

#### Variations:

Use any of the following fruits in place of the ones called for in the recipe: kiwi, orange, pear, pineapple, grapes, other berries, apricot, nectarine, peach or plum.

Change the flavor of yogurt for a change in taste: raspberry, lemon, peach or plain.

# Watermelon Blueberry Banana Split

# Makes 4 Splits

#### Ingredients:

2 large bananas

8 "scoops" watermelon and/ or cantaloupe

1 cup blueberries (or raspberries or strawberries)

1/2 cup low fat vanilla yogurt

1/4 cup granola



Adapted from National Watermelon Board recipe

#### **Directions:**

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish.

To make watermelon "scoops" use an ice cream scoop to create balls of watermelon. Remove seeds, if needed. Place a watermelon "scoop" at each end of the dish.



Fill the center space with berries.

Stir yogurt until smooth, spoon over the watermelon "scoops".

Sprinkle with granola.

# Super Fast Pizza

## Makes 6 Pizzas

# Ingredients:

3 English muffins, split (6 halves) 1/2 cup pizza or pasta sauce Pizza toppings, choose 3:

Pizza toppings, *choose 3*: Grated carrots

Sliced mushrooms

Chopped broccoli Pineapple chunks

Chopped green or red pepper

Sliced zucchini

1/2 cup mozzarella cheese, grated

#### **Directions:**

Spread about one tablespoon sauce on each muffin half.

Arrange your favorite toppings on the "crust" in a single layer. Use at least three choices.

Sprinkle grated cheese on each pizza.

Place pizzas on a baking sheet and bake at 350° for 10 minutes, or until the pizzas are heated through and the cheese is melted.

#### Options:

Use pita bread or flour tortillas as the pizza crust.

# **Rainbow Stir Fry**

# Makes 4-6 Servings

#### Ingredients:

8 ounces dry noodles (spaghetti, yakisoba, etc.)

- 1 tablespoon vegetable oil
- 2-4 cloves garlic, minced or pressed
- 1-2 teaspoons ginger, grated or minced
- 2 carrots, grated or sliced
- 1 cup broccoli, chopped
- 1 red pepper, seeded and sliced
- 1 yellow squash, seeded and sliced
- 1/2 cup red onion, chopped or sliced
- 1 pound firm or extra firm tofu or other protein (chicken, shrimp, or beef), diced
- 3 tablespoons soy sauce Juice of 1/2 an orange

#### **Directions:**

Cook noodles according to package directions and set aside.

In a large frying pan or wok, heat oil. Add garlic, and ginger. Stirfry for about 10 seconds.

Add carrots, broccoli, pepper, yellow squash, red onion and tofu (or shrimp) - *in that order*, stirfrying for approximately 1 minute each, before adding the next. *Note:* If using meat or chicken, add it first after garlic/ginger.

Add soy sauce and orange juice.

Cook and stir for 1 more minute, or until vegetables are tender-crisp and meat/chicken (if used) are done.

Mix together with noodles and serve.

Optional: Drizzle with sesame oil, soy sauce, hot pepper flakes or sesame seeds and enjoy.

Recipe by Chef Amadeus, Seattle



# **Sloppy Garden Joes**

# Makes 8 Servings

## Ingredients:

1 onion, chopped

1 carrot, chopped

1/2 green pepper, chopped

1 lb. ground turkey or chicken

1 - 8 oz. can tomato sauce

1 - 15 oz. can crushed tomatoes

1 - 8 oz. can mushrooms

1/4 cup barbecue sauce

Salt to taste (optional)

Pepper to taste

8 whole wheat buns

#### Directions:

Sauté onions, carrot, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes. Add a little oil, if necessary.

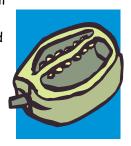
Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil.

Reduce heat and simmer for 10 minutes, stirring occasionally.

Uncover and cook for an additional 3 minutes or until

thick

Serve on toasted or plain buns.



# **Very Berry Smoothie**

# Makes 4 Servings

## Ingredients:

2 cups orange or apple juice

1 cup low or non-fat vanilla yogurt

2 small (or 1 large) ripe bananas

1 cup frozen berries (blackberries, raspberries or strawberries)

#### **Directions:**

Place all ingredient in a blender. Blend for about 10 seconds, or until all ingredients are smooth.



# **Harvest Muffins**

#### Makes 9 Muffins

## Ingredients:

2 eggs, beaten

1 cup sugar

1 cup pumpkin, canned

1/3 cup vegetable oil

1/4 cup water

12/3 cup flour

1 teaspoon baking soda

3/4 teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon ground cloves

1/2 teaspoon nutmeg

1/2 teaspoon cinnamon

1/2 cup nuts, chopped (optional)



#### **Directions:**

Preheat oven to 350°F.

Combine eggs, sugar, pumpkin, oil, and water in a medium-sized mixing bowl.

Stir together flour, baking soda, salt, baking powder, and spices in a separate bowl.

Add dry ingredients to wet, and stir to blend. Add nuts.

Place batter 3/4 to the top of non-stick or lightly oiled muffin tins. You may also use cupcake cups.

Bake 20 minutes or until toothpick inserted into the middle of a muffin comes out clean. Remove from pan right away.

#### **Options:**

Instead of using individual spices, use 1/2 teaspoon of "pumpkin pie" spice.

Instead of pumpkin use other cooked winter squash: delicata, hubbard, acorn, or use sweet potatoes.

# **Veggie Pizza Loaves**

# Makes 6-8 Servings

## Ingredients:

#### Sauce:

3 cloves garlic, minced 1/2 cup onion, chopped

4 tablespoons olive oil, divided

3 medium tomatoes, chopped

1 cup chopped fresh herbs such as basil, oregano, rosemary or 1 tablespoon dried Italian Seasoning

1 medium loaf of bread of choice, unsliced

Your choice of pizza toppings

#### Topping Options:

Zucchini, mushrooms, onions, pineapple chunks, olives, red peppers, etc.

2 cups mozzarella cheese shredded

#### **Directions:**

Preheat oven to 350°.

To make sauce sauté, garlic and onion in 2 tablespoons olive oil in saucepan until onion is clear.

Add chopped tomatoes and the other 2 tablespoons olive oil.

Add fresh or dried herbs.

Mash down mix and stir until the tomatoes look like sauce.

Reduce heat to low and let simmer for 10 minutes.

Slice the loaf of bread lengthwise so there are two long pieces.

Spread the sauce over the top of the bread and add toppings of your choice.

Sprinkle cheese evenly over the top and place in the oven for 5-10 minutes or until the cheese is melted and slightly golden brown. Slice and serve.

